



Meeting Your Needs. At Home. At Sea.



APRIL IS CHILD ABUSE PREVENTION MONTH

YOU SHOULD KNOW:

What is child abuse?

It is any mistreatment or neglect of a child that results in harm or injury. Child abuse can include:

- Physical Abuse
- Emotional Abuse
- Sexual Abuse
- Neglect

FACT: Nearly 2 million children suffer from child abuse each year.

Can child abuse be prevented?

Yes! Child abuse can be prevented or stopped, through efforts of:

- Schools: Schools have a responsibility to report child abuse. They also have resources to help troubled individuals and families.
- Neighbors and families of troubled individuals: Friends and family members should reach out to those in need. Just offering to help with errands, baby-sitting, etc., can help relieve dangerous tension.

- Communities: Special programs can provide education in parenting skills; day care services; home health visitors; counseling and support.

About reporting child abuse.

Many people fear that reporting or admitting abuse will destroy a family. The truth is, getting help can protect children from further harm and help the family face its problem and return to healthy functioning. In severe cases, children may be removed from a home for their immediate safety. Take Action! Child abuse must be reported and addressed! If you are abusing a child, or know of someone who is, it's your responsibility to act (Remember, it's better to be safe than sorry!).

You can make a difference!

Where to get help and information:

- Child Protective Services (475-2672 and 475-2653).

- Family Service Agencies.
- Support Groups
- Your base Fleet and Family Support Center Family Advocacy Program (344-9827).

Remember-getting help is a sign of strength, not weakness.

(cited: Child Abuse Brochure, Channing Beta Co, Inc.)

Wear a Blue

Ribbon for Child Abuse

Prevention Month



Military Onesource

Serving the American Military and Their Families.

www.militaryonesource.com

User ID: military/Password: onesource

April/May/June 2006



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To report suspected child abuse or for more information on child abuse prevention, call the Fleet and Family Support Center at 333-2056/7



NEW PARENT SUPPORT PROGRAM

For military families, new parenthood poses unique challenges. Military families are frequently geographically separated from their families of origin and civilian peers, and often lack physical access to their hometown social supports and parental models. To address these challenges, the four Military Services have developed programs to support new parents, starting from the prenatal period through the first few years of life. The New Parent Support Programs offered by the Military Services contribute to mission readiness, and support family adaptation to military life. They are designed to enhance the knowledge and skills that new parents need to form healthy relationships and to provide safe, nurturing environments for children.

Key Features of New Parent Support Programs (NPSPs)

- NPSPs are available at military installations worldwide
- Programs emphasize outreach to junior enlisted personnel who are parents. However, the program is available to families of active

duty service members of any rank or age who need support services.

- Participation in NPSPs is voluntary
- The intensity of services and range of activities offered by NPSPs is matched to the level of family needs
- Programs include home visitations, education, counseling, and referrals to other resources to participating families.

The New Parent Support Program can help new parents to better deal with stress, isolation, post-deployment, reunions and the everyday demands of parenthood. The program is a free service.

For more information on the New Parents Support Program, call the Fleet and Family Support Center at 333-2056.

Sexual Assault Victims Intervention (SAVI) Program

**Take a Stand!
Speak Up!**

Stop Sexual Assault!

To obtain resource materials or request for a GMT, contact the Sexual Assault Response Coordinator (SARC) at the FFSC at 333-2056.

*For Victim Assistance,
contact a volunteer Victim*

*Advocate at
720-2087 (pager).*

April: Month of the Military Child

Since 1986, the Secretary of Defense has set aside April as the "Month of the Military Child", to recognize and honor the youngest members of the military family and the unique challenges they face everyday. This year is the 20th anniversary of honoring our Navy children.





S M T W T F S

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
Month of the Military Child Child Abuse Prevention Month		Typhoon Preparedness 1500-1600 FFSC Bldg 106 		A Day To End Sexual Violence 	Sexual Assault Prevention Month	
Ombudsman Basic Training 0830-1430 CNM						
9	10	11	12	13	14	15
		Home Buying 1730-1930 FFSC Bldg 106				
TAP (Transition Assistance Program) 0800-1600 CNM Chapel						
16	17	18	19	20	21	22
Easter Sunday 	SAVI Advocate Refresher Training 1400-1500 FFSC Bldg 106 			Teen Communication for Parents 1600-1700 FFSC Bldg 106 		Earth Day 
23	24	25	26	27	28	29
National Volunteer Week April 23—29				Welcome to Guam Orientation 0800-1630 CNM 	Island Tour 0800-1600 CNM 	
Career Options and Navy Skills Evaluation Program (CONSEP) First Term 0800-1600 CNM						
30						
Safe Children and Healthy Families Are A Shared Responsibility						

May 2006

S	M	T	W	T	F	S
	1	2	3	4	5	6
National Military Appreciation Month				Anger Management 1700-1900 FFSC Bldg 106 		
7	8	9	10	11	12	13
			Command Sponsor Training 0900-1100 FFSC Bldg 106 	Smooth Move Workshop 0900-1200 FFSC Bldg 106 		
COMPASS 0900-1300 Nimitz Hill						
Transition Assistance Program (TAP) 0800-1600 CNM						
14	15	16	17	18	19	20
			Sexual Assault & Rape "Drug Facilitated Sexual Assault" 1400-1500 FFSC Bldg 106			Armed Forces Day 
21	22	23	24	25	26	27
				Effective Communication 1300-1600 FFSC Bldg 106		
Sexual Assault Victim Intervention (SAVI) Academy 0800-1600						
28	29	30	31			
						

June 2006

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8 Stress Management 1300-1500 FFSC Bldg 106 SAVI DCC, POC, Liaison Training 0800-1200 1330-1530 FFSC Bldg 106	9	10
CONSEP FIRST TERM (Career Options and Navy Skills Evaluation Program) 0800-1630 CNM						
11	12	13	14	15 Interview Technique (FERP Workshop) 0900-1200 FFSC Bldg 106	16	17
18 Father's Day 	19	20	21	22 Welcome to Guam Orientation 0800-1630 CNM 	23 Island Tour 0800-1600 CNM 	24
25	26	27	28	29 ARC Babysit- ting Training 0800-1500 FFSC Bldg 106 	30	

CLASS DESCRIPTIONS

Ombudsman Basic Training

0830-1430 CNM Chapel

April 3—6

Learn the ins and outs of being a great Command Ombudsman, by using confidentiality, communication and professional relationship skills.

Typhoon Preparedness

1500-1600 FFSC Bldg 106

April 4

Find out what to do before, during and after a typhoon. Find out how and where typhoons develop and how the location of the typhoon affects our Condition of Readiness.

YOU CAN BE PREPARED!

Home Buying

1730-1930 FFSC Bldg 106

April 11

Participants will learn the benefits and pitfalls of renting versus owning a home, determine readiness in buying a home, identify different mortgage programs and recognize basic terms used in a mortgage transition.

Teen Communication for Parents

1600-1700 FFSC Bldg 106

April 20

Learn how to motivate and communicate with your teens, so they can take steps toward a happier, more productive life.

Welcome to Guam Orientation (WTGO)

0800-1600 CNM

April 27 & June 22

Day one starts with information on services available to service members and their dependents followed by a brief on the history of Guam. You will receive the required Water Safety and Family Advocacy Program (FAP) briefings.

Island Tour

0800-1600 CNM

April 28 & June 23

Day two is an island tour designed to introduce sailors and families new to the island to Guam's rich history and WWII events. Visit museums and points of interest. Ask the FFSC about Childcare when registering

for the tour. Uniforms not required, dress for the warm weather.

Anger Management

1700-1900 FFSC Bldg 106

May 4

Learn methods to effectively control and manage your anger by learning to recognize the source and impact of your emotions.

Command Sponsor Training

0900-1100 FFSC Bldg 106

May 10

Designed to provide specific guidelines and information to Command Sponsor Coordinators or those designated as sponsors.

Smooth Move Workshop

0900-1200 FFSC Bldg 106

May 11

A workshop for personnel PCSing within 6-12 months. Workshop covers entitlements, shipping of personal property, clearing housing (on/off base), emotional cycles of relocation, and FFSC programs and services available to those moving.

Transition Assistance Program (TAP)

0800-1600 CNM

May 8-15

Will prepare service members to analyze their skills and experiences, identify needs and goals, conduct a successful job search, and obtain information on their VA benefits.

Interview Technique

0900-1200 FFSC Bldg 106

June 15

Learn to dress for success, be positive in your interview answers, and the importance of body language.

Sexual Assault & Rape "Drug Facilitated Sexual Assault"

1400-1500 FFSC Bldg 106

May 17

Awareness on date rape drugs and how to protect yourself from becoming a victim.

Effective Communication

1300-1600 FFSC Bldg 106

May 25

In this workshop, participants will learn to express feelings and ideas accurately and effectively, with specific tips on communicating more clearly at home and at work, focusing on verbal, nonverbal, and listening skills.

Sexual Assault Victim Intervention (SAVI) Academy

0800-1600 CNM Chapel

May 22-25

The weeklong academy covers the basic training requirements for individuals who wish to volunteer as Sexual Assault Victim Intervention (SAVI) advocates. There is an application process and some additional requirements. (Call for details).

Career Options & Navy Skills Evaluation Program (CONSEP) First Term

0800-1630 CNM Chapel

June 5—9

Developed for first time sailors, to identify skills and talents that will help them reach their long term professional goals.

Stress Management

1300-1500 FFSC Bldg 106

June 8

This class provides members and/or their families with resources to better cope with stress; informs participants on the sources of stress and how it impacts many areas of a person's life.

SAVI DCC, POC, Liaison Training

0800-1200, 1330-1530 FFSC Bldg 106

June 8

Semi-annual training.

America Red Cross Babysitting Training

0800-1500 FFSC Bldg 106

June 29

Learn the basics of First Aid and Rescue Breathing. Participants must be at least 11 years of age. Must be 12 to baby-sit on base. Call for cost.

**ALL CLASSES ARE SUBJECT TO CHANGE.
FOR MORE INFORMATION OR TO**

REGISTER CALL: FFSC

333-2056/57

MILITARY SPOUSE APPRECIATION DAY MAY 6, 2006

"If the military had wanted you to have a spouse, they would have issued you one." Remember those words? Well, that was then and this is now. America's military has realized and acknowledged the significance of the military spouse. In 1984 President Ronald Reagan proclaimed the Friday before Mother's Day of each year to be **Military Spouse Appreciation Day**. It is your day to stand up and be honored.

For the times you've stood and watched a ship sail from the harbor, an aircraft disappear in the clouds, or a truck convoy pull out of sight, not sure when they would return, we thank you.

For the countless household moves you've made from a place you know to one that's strange and different - often by yourself - we thank you.

For the families you've held together, for the anniversaries, birthdays, and holidays you've celebrated alone, we thank you.

For the hand you've extended to another military spouse when the need was there, truly creating a military family, we thank you. For the spirit and strength you've shown when your service member has gone into harm's way, we thank you.



Far too frequently, the sacrifices and dedication of the military spouse have gone unnoticed and unappreciated.

Quite often, you have been placed in an unfamiliar ethnic or cultural setting, or a remote location. You have met this challenge with confidence and pride, making your nation proud of you. By the same token, you have extended your hand and hospitality to visitors to our country.

A country can not count itself strong by its armed services alone, but must also depend on its civilians.

With military wives and husbands setting a superior example through devotion, courage, and commitment, we are a nation of strength.

Military spouses...stand tall, stand proud...we salute you, you are truly our unsung heroes.

Article written by Arlene H. Hull

www.taonline.com/dependentspages/spouses.asp



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Military Spouse Corporate Career Network™
A Non-Profit Corporate Direct Hire Program

**Providing CAREER
OPPORTUNITIES
for Military Spouses.**

**A program
developed by and for
Military Spouses**

The Military Spouse Corporate Career Network, MSCCN, is dedicated to providing career opportunities and job portability for military spouses. Simply put, the MSCCN seeks to help military spouses find jobs and continue careers throughout the years of a military member's service.

For more information log on to:

www.msccn.org

Other helpful websites:

www.Military.com/spouse

www.militaryspousejobsearch.org

BE A VOLUNTEER

For many organizations and groups, America's volunteers are a tremendous source of power. Volunteers can work to **enrich programs** with their ability and willingness to get things done. Volunteers help expand programs, thus offering new opportunities for people of all ages and backgrounds to serve themselves and each other. Involving the community in supporting different organization's services and goals. Volunteers

out to identify the interest and needs of their communities. By delivering services to people and guiding citizens to the different services makes them great "people helpers."

Today volunteers:

- Raise money
- Take action
- Do what's needed

Today's volunteers include:

- Women and men
- Rich and poor
- People with disabilities
- Retired people

To become a volunteer in your community come by your Fleet and Family Support Center at Bldg 106 or call 333-2056/7.

MEETING YOUR NEEDS.
AT HOME. AT SEA.

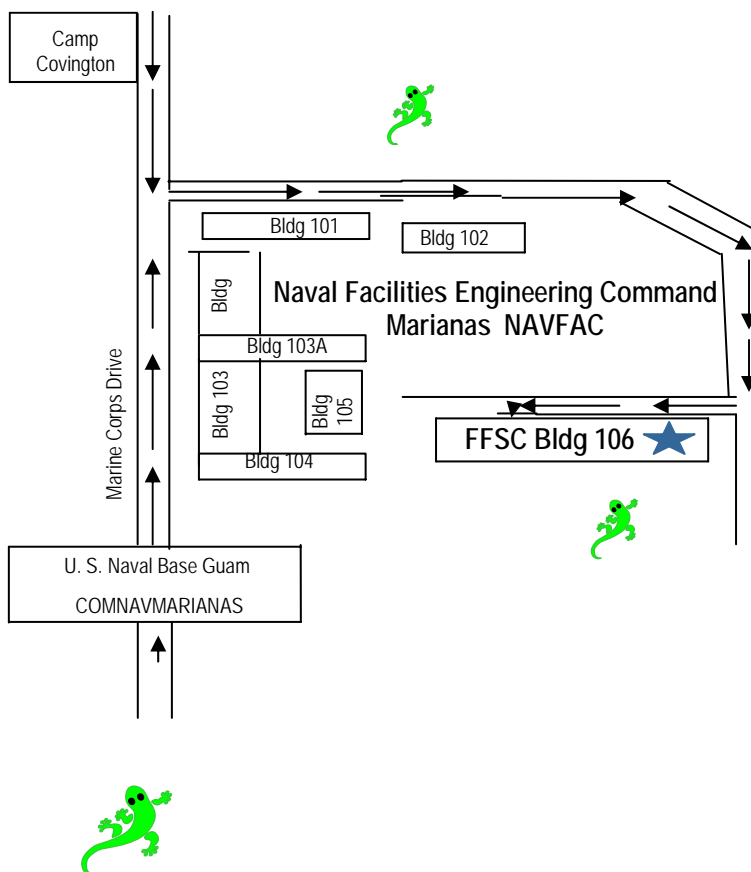
Fleet and Family Support Center, Guam
PSC 455 Box 157
FPO AP 96540-1157

Phone: 671-333-2056/57/58/59
Fax: 671-333-2023
Email: ffscguam@guam.navy.mil

WE'RE ON THE WEB
WWW.GUAM.NAVY.MIL/FFSC



**Fleet and Family
Support Center, Guam**



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FLEET AND FAMILY SUPPORT CENTER
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FPO AP 96540-1157

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May



June

